

# Refreshed

## Rediscovering Life In Christ

### Stand Firm

#### Ephesians 6:10-24

Sermon Notes | Jeff Randleman | June 28, 2026

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*Finally, be strong in the Lord and in the strength of his might.*

– Ephesians 6:10 (ESV)

#### **Standing Firm...**

##### **...Begins With Recognizing The Real Battle.**

We have a real enemy.

The battle is primarily spiritual.

Spiritual battles often look ordinary.

##### **...Requires The Armor God Provides.**

The belt of truth.

The breastplate of righteousness.

The shoes of gospel readiness.

##### **...Requires Active Faith.**

Faith extinguishes the enemy's attacks.

Faith is trust in God's character.

Faith must be exercised daily.

##### **...Requires a Gospel-Shaped Mind.**

Salvation protects our thinking.

Remembering the gospel strengthens us.

##### **...Requires God's Word And Persistent Prayer.**

The sword of the Spirit is God's Word.

Prayer keeps us dependent on God.

Prayer connects the church together.

##### **...Leads to Confidence and Peace.**

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Matters for Reflection and Discussion:

1. When you hear the phrase “spiritual battle,” what comes to mind? How does Ephesians 6 challenge or expand your understanding of spiritual warfare?
2. Why do you think Paul reminds believers that our struggle is “not against flesh and blood”? How might remembering this change the way we respond to difficult people or conflicts?
3. What are some ordinary situations in life where spiritual battles often show up without us recognizing them?
4. Which piece of God’s armor do you find yourself needing most right now – truth, righteousness, gospel readiness, faith, salvation, or God’s Word? Why?
5. How does knowing that God provides the armor affect the way you approach challenges and temptations?
6. Paul describes faith as a shield. What “flaming darts” (fear, doubt, temptation, discouragement, accusations, etc.) do believers commonly face today, and how can faith help extinguish them?
7. In what ways does regularly remembering the gospel strengthen your mind and perspective during difficult seasons?
8. Why is it important that the sword of the Spirit is God’s Word rather than our own opinions, feelings, or experiences?
9. Paul repeatedly emphasizes prayer in this passage. What role has prayer played in helping you stand firm during spiritual struggles?
10. After reading Ephesians 6:10-24, what is one practical step you can take this week to stand firmer in Christ, and how can our church family help encourage you in that effort?